



# PARENTS' STRESS OF CHILDREN WITH SPECIAL NEEDS

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## ABSTRACT

As is common knowledge, parents play a critical influence in a child's overall development. Ordinary parents typically worry about a variety of child-related issues, which leads to a high level of parental stress and further impacts their children's everyday lives as they approach puberty. Parents' first instinct is to shield their kids from the bad influences in society. Nonetheless, the sudden and enduring nature of these characteristics frequently causes parental concern when a child is born with one or more problems. In her research study, Malaya Das of Kalyani University in West Bengal noted that a substantial body of evidence indicates that parents of children with developmental disabilities go through more stress than parents of children without disabilities. She asserted that there is a strong correlation between parental stress and the child's impairment. Thus, it stands to reason that providing and equipping schooling for children with particular disabilities can significantly lower the stress levels of parents. Because it is intended that these kids would benefit from schooling, grow up alongside kids without impairments, and be well-received by the community. This is an attempt to start a conversation regarding the stress parents experience when raising special needs children. This post's main objectives are to ascertain the degree of parental stress towards CWSN in the Jodhpur District of Rajasthan, the mental health of CWSN's parents, the attitudes of parents towards CWSN and other family members, and the relationship between parenting stress and parents' mental health. find out how parents' attitudes towards CWSN and regular children in the home relate to parenting stress. You can also find out how parents' attitudes towards special children relate to parenting stress. Finally, you can offer some suggestions on how the positive attitudes of educators and other community members can transform the lives of CWSN parents. Purposive sampling will be utilized to choose the study's sample, descriptive surveys will be used to gather data, and correlation analysis will be employed to analyze the results. The district of Jodhpur in Rajasthan will be the study area.

## OBJECTIVES OF THE STUDY

1. To understand the parents' perspective on CWSN and typical family members.
2. To determine the relationship between parental stress and the attitudes of parents towards CWSN and typical children (all children's families).
3. Provide multiple recommendations on how educators and other community members can lessen the stress that comes with becoming a parent.
4. To ascertain the degree of parental stress related to CWSN in Rajasthan's Jodhpur District.
5. Recognise the link between parental stress and the mental health of parents.
6. Recognise the parents of CWSN's mental health.
7. To understand how parental stress and the way parents feel about special needs children are related

## METHODOLOGY OF THE STUDY

For this investigation, a descriptive methodology was adopted. Using self-administered questionnaires and the parental stress scale, the researcher conducted several surveys.

### Population of the study

In the Rajasthan district of Jodhpur, the study focuses on parents' stress levels and children with special needs (CWSN). Thus, out of the 17 education block numbers in the Jodhpur district, the study population comprises all identified parents

CWSN of 5 education block numbers, namely Phalodi, Luni, Bhopalgarh, Bilara, and Jodhpur City. This is following the study's aims.

### Sampling of study

To determine the psychological stress that parents experience towards their child, CWSNs and their parents were chosen block-by-block using a purposive sample technique. A deliberate sample of 337 counts of parents and CWSN was selected.

### Tools for data collection

1. Dr. Malaya Das of the Kalyani University Department of Education created the parental stress scale. This measure was used to gauge how stressed out parents were about CWSN.
2. Additionally, a self-made questionnaire was employed.

### Statistical Implication

The quantitative analysis of this study was conducted using a variety of statistical methods. It was discovered that these methods worked well for data analysis. The researcher examined parental stress towards CWSN in the first, fourth, and sixth objectives, using this straightforward proportion. The Pearson correlation approach was employed in the second, fifth, and seventh objectives to investigate the association between parental stress and the psychological condition of the parents as

well as the relationship between parental stress and the parents' attitude towards CWSN and normal children in the home.

### Analysis of Data

#### 1. To determine how stressed out parents are about CWSN

The stress that 337 CWSN parents in the Jodhpur districts were experiencing was examined using the Parenting Stress Scale. The parents of these CWSN samples were chosen from five different educational blocks in the Jodhpur district: Phalodi, Luni, Bhopalgarh, Bilara, and Jodhpur City. We were able to assign a level of parental stress CWSN by using management and Parental Stress Scale scoring among the parents in the CWSN sample.

#### Parental Stress Group

Low-Stress Group

Moderate Stress Group

High-Stress Group

Level of Stress	Range of Stress	Father		Mother		Total	
		Count	%	Count	%	Count	%
Low Stress	34 – 79	52	20.6	20	22.8	72	21.4
Moderate Stress	80 – 124	189	75.7	61	70.2	250	74.2
High Stress	Above 124	9	4.8	6	7.0	15	4.4
Total		250	100.00	87	100.00	337	100.00

Table 1: Parental Stress and Father / Mother Respondent

The mother and father's reactions to the stress measure are shown in Table 1. Three categories of stress are used here: low, medium, and high. According to the research, parental stress is experienced by 20.6% of fathers and 22.8% of women as low, 75.7% of fathers and 70.2% of mothers as medium, and 4.8% of fathers and 7% of mothers as high.

#### 2. To ascertain the parents of CWSN's mental health.

The mental states of the parents of CWSN were categorized as stable, disturbed, and unstable in Table 2.

	Father Count	%	Mother Count	%	Total Count	%
Stable	130	52.0	55	63.2	185	54.9
Disturbed	75	30.0	16	18.3	91	27.0
Unstable	45	18.0	16	18.5	61	18.1
Total	250	100.0	87	100.0	337	100.0

Table 2: Mental Status of the Parent

The mental state of CWSN parents is displayed in Table 2 above. Here, the researcher divided the mental states into three categories: stable, disturbed, and unstable. The data reveals the mental health of CWSN parents: 18.0% of fathers and 18.5% of women are mentally unstable, while 30.0% of fathers and 18.3% of mothers are mentally disturbed. Of the parents, 52.0% are fathers and 63.2% are mothers.

#### 3. To understand how parents feel about CWSN and typical kids in the home.

The investigator categorized parents' attitudes as casual, indifferent, and loving.

	Father Count	%	Mother Count	%	Total Count	%
Affectionate	165	66.0	64	73.5	229	67.9
Casual	73	29.2	20	22.9	93	27.5
Indifferent	12	4.8	3	3.4	15	4.4
Total	250	100.0	87	100.0	337	100.0

Table 3: Attitude of Parents Toward CWSN and Normal Children (all children) in the Family

Table 3 revealed the parents' attitudes towards their typical and CWSN children. The investigator classified the parents' demeanor as affectionate, carefree, and uninterested. When it comes to CWSN and normal children, 66.0% of fathers and 73.5% of mothers have a loving attitude towards them; in contrast, 29.2% of fathers and 22.9% of mothers have an informal attitude, and only 4.8% of fathers and 3.4% of mothers have a very indifferent attitude.

#### 4. be aware of the connection between parental stress and mental health Parental stress and other parental stress are related.

Parental stress and mental health are generally associated. With the Pearson Correlational Method's assistance, the researcher attempted to determine whether parental stress and the mental health of parents are related.

	Mean	Std. Deviation	Pearson Correlation	Sig. (2- tailed)
Mental _ status	1.63	.773	.164(**)	.010
Parental _ stress	98.51	19.846		

\*\* Correlation is significant at the 0.01 level (2-tailed).

Table 4: Correlation between Mental Status of the Parents and Parental Stress

As per the data presented in Table 4, the average mental state score is 1.63. At the 0.05 level of significance, the mean parent score voltage is 98.51, S.D. 19.846, and the r value is 0.165, with an S.D. of 0.773. Thus, the preceding table indicates a strong correlation between parenting stress and the psychological well-being of parents.

#### 5. To ascertain the relationship between parental stress and the attitudes of parents towards CWSN and Normal children (all children in the household).

Using the Pearson Correlation Method, the researcher attempted to establish a relationship between parental stress and the attitudes of parents toward CWSN and typical family members.

	Mean	Std. Deviation	Pearson Correlation	Sig. (2-tailed)
Attitude Towards CWSN and Normal children	2.66	.535	-.217(**)	.001
Parental Stress	98.51	19.846		

\*\* Correlation is significant at the 0.01 level (2-tailed)

Table 5: Relationships between Parental Stress and Attitude Towards CWSN and Normal Children (All Children)

Table 5 above indicates a relationship between typical children experiencing parental stress and their attitude toward CWSN. The mean parenting stress score is 98.51, S.D. 19.846, with an r-value of -.218. This is significant at the 01% level of significance but negatively linked with the mean attitude score for CWSN and normal children, which is 2.66, SD 0.536. Parenting stress and parents' attitudes toward all children, as demonstrated by the above table, are not CWSN-linked.

#### Goal 6: Determine the Associations Between Parental Stress and Parents' Attitudes Towards Special Children

Table 6 demonstrates that all parents worry about their kids. The parents will be more concerned if the child has special needs. Using the Pearson correlation method, the researcher aimed to investigate the association between parenting stress and parents' attitudes towards exceptional children.

Correlations between Attitude of Parents Toward Special Children and Parental Stress

	Mean	Std. Deviation	Pearson Correlation	Sig. (2-tailed)
Attitude of Parents towards special children	2.56	.595	-.0126(*)	.047
Parental stress	98.51	19.846		

\* Correlation is significant at the 0.05 level (2-tailed).

As can be seen in Table 6 above, there is a substantial but negative correlation at the 0.05 level between the mean parenting stress score of 98.51, S.D. 19.846, and the mean parents' attitude towards unique children of 2.56, S.D. 0.595. As a result, the above table demonstrates the negative correlation between parental stress CWSN and parents' attitudes towards special children.

#### MAJOR FINDINGS

1. Based on the results of this study, it was determined that 20.6% of fathers and 22.8% of mothers experience low parenting stress, 75.7% and 70.2% of women experience moderate parenting stress, and 4.8% and

7.0% of mothers experience high parenting stress.

2. In terms of CWSN parents' mental health, 52.0% of fathers and 63.2% of mothers were determined to be mentally stable. Of the dads, 29.1% and women, 22.9% and 18.0%, respectively, are mentally disturbed, and 17.5% and 18.0%, respectively, are mentally unstable.
3. The evidence indicates a noteworthy correlation between the mental health of parents and the stress they experience when parenting.
4. Parents have varied attitudes towards their children: 66.0% of fathers and 73.5% of mothers have a loving approach, 29.2% of fathers and 22.9% of mothers have an unpleasant attitude, and 4.8% of fathers and 3.4% of mothers have an indifferent attitude.
5. About how parental stress and attitudes towards all children are related. The mean parental stress score is 95.50, S. D. 19.846, r-value -0.218, which is adversely significant at the 0.05% level and 0.01% significant. The average score for attitudes towards all children is 2.66, S.D. value of 0.536.
6. In regards to parents' attitudes regarding CWSN, the study revealed that 57.9% of moms and 63.0% of fathers have positive attitudes. 32.3% of fathers, 35.1% of mothers, 4.8% of disagreeable fathers, and 7.0% of extremely stressed moms had an attitude where they stopped caring about CWSN.
7. CWSN data indicates a substantial correlation between parental stress and attitude towards exceptional children, with a mean score of 2.56 and S.D..595. The mean parenting stress score is 19.846, S.D. 98.51, and the r-value is -0.127, indicating a 0.05 level of significance.

#### SUGGESTIONS

1. The process of CWSN identification, examination, and certification did not go according to plan. Special educators who resolutely lower parents' stress levels need to be mobilized, together with an additional team to identify and diagnose CWSN.
2. Teams or agencies can apply for certification by providing the relevant district authority with a list of CWSNs that have been identified and assessed. The individual or child will not be permitted to access the office's services or benefits if they are not certified and are not treated equally with other people.
3. To enhance parents' abilities to support CWSN, a district-level refresher training might be offered annually.
4. Promoting different non-governmental organizations that work in the disability area and increasing the number of specialists required to work in the field of disabilities is another way to make improvements.
5. As a resource coordinator, DIET could make it easier to connect with non-governmental organizations and provide additional high-quality professional courses and training programs for parents and other professionals in the disability area.
6. Professionals need to undergo training in evaluating individuals with low eyesight, autism, and learning difficulties. As a result, there will be more professionals ready to provide evaluations.

**CONCLUSION**

A researcher's study on Parent Stress and Children with Special Needs (CWSN): Studying in Rajasthan's Jodhpur District will make a big impact on the CWSN field of education. Concerning CWSN, the study gathered and recorded data and information for educational administrators, planners, policymakers, sociologists, and psychologists to take the appropriate action. Since the examiner's recommendations will act as a roadmap for CWSN instruction, they ought to be constructive. The study will undoubtedly lessen parents' concern when it comes to their special needs children by raising awareness among educators, parents, and community members about the high standards of CWSN education and the resources available through the Inclusive Education programme.

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5. For CWSN, curriculum planning and functional assessment could be carried out by mobile consultants.